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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 1, 1936 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

- - -

DATED EGGS

Dated eggs are coming into their own -- Government-graded eggs, with a dated certificate of quality. Such eggs are not a new thing. They have been on sale in many places for years. But they are now in wide demand, and in response to consumer approval, more and more producers and dealers are grading by Government standards, under Federal-State supervision. Some use two dates -- showing when the grading was done and the date beyond which those eggs should not be sold in retail stores.

Graded, dated eggs appeal to the housekeeper, says the Bureau of Home Economics of the U. S. Department of Agriculture, because she has use for different grades, and wants some guarantee that she is getting the quality she expects in the particular lot she buys. Eggs to poach for breakfast are one thing -- she wants Grade A, or Grade AA for that. Eggs to scramble, or to use in a cup cake or a custard, need not be as fresh as poaching eggs. Grade B, or Grade C is good enough -- but should not cost as much as Grades A and AA, of course.

Grading eggs is a simple process which can be and often is done on the farm. It consists merely of sorting the eggs according to quality and size and packing each quality in its own separate container. Quality, except as to the shell, is

determined by candling -- which means holding the egg before a strong candle light and noting the condition of the air cell, the condition of the yolk, condition of the white, and condition of the germ. Nowadays, of course, the light is no longer a candle as it used to be, but an electric light, a kerosene lamp, a gas flame, or even sunlight. When this grading is done by a Federal or a Federal-State grader, the package of eggs may be sealed with a label certifying to the quality of the contents on that date. The official grader's services are available to producers and dealers in many markets and many places, for a small fee. The Bureau of Agricultural Economics of the U. S. Department of Agriculture furnishes this service in cooperation with the State authorities.

All poor quality eggs should be eliminated, of course, before they leave the farm. From then on, time and the care the eggs receive determine their quality as they reach the consumer. Some are delivered direct from the farm to the household that uses them. This trade, of course, is necessarily local and only local sources can furnish real "24-hour eggs". Many farmers sell to jobbers or wholesalers, who in turn sell to the retail store -- by which time the eggs of course are older. Great quantities of eggs are sold to packers and shippers, who send them to distant markets in car lots. As most of the egg farms are in the Middle West, the eastern cities do not get these eggs until they have passed through several hands, and by the time they reach consumers in New York, for example, the eggs are as much as three weeks old.

Because the quality of the eggs is gradually changing with their age, most of the commercial shipments are graded when received by the wholesaler or the dealer, and dated then. While in the store the very best eggs -- Grade AA, or "Special", as graded by Government standards -- may remain in that grade three or four days if kept under the best conditions. After that they would probably be Grade A, or "Extra", for the next five or six days. Then they would be Grade B,

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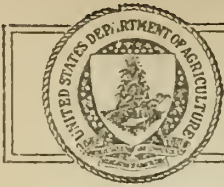
or "Standard", and remain so about ten days. Grade C, or "Trade" quality goes down more rapidly, and in three or four days more becomes inedible. The packaged eggs shipped from the Middle West to New York under ordinary conditions the whole three weeks of their life are mostly Grade B when they appear on the market, according to the egg specialists.

In first-quality eggs the shell must be strong, sound, free from any cracks or checks, regular in shape, and clean -- for dirty eggs spoil more rapidly than clean eggs. The air cell, at the large end of the egg, must be small, not over an eighth of an inch in depth in a first-quality egg, and it should be fixed in position. Large air cells indicate possible staleness, and freely movable ones indicate broken shell membranes. The yolk in a first-quality egg should be seen very dimly before the candle, and should have very little freedom of motion. When the egg is broken, the yolk should stand up well, in rounded shape. The white should be firm and clear, and should not spread out much when the egg is broken. The germ spot should show no development whatever.

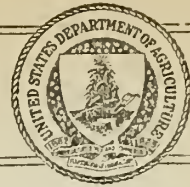
Such an egg is Grade AA or "Special" -- but it is evident that there cannot be, relatively speaking, very many Grade AA eggs on the market, because they cannot be gathered and delivered as rapidly as that to any but a local market. Grade A, or "Extra" eggs are abundant, however, and the difference between A and AA is scarcely noticeable. The air cell is a trifle deeper ($1/4$ inch instead of $1/8$), the yolk and the white do not stand up quite so firmly. In Grade B, ("Standard"), these characteristics are a little more advanced, and in Grade C ("Trade") still more so.

Dated eggs usually carry on the label information as to their size -- "Large" "Medium", "Small". The "large eggs must weigh at least 24 ounces to the dozen, the "medium" eggs at least $20\frac{1}{2}$ ounces, the "small" eggs of course fall below the medium size.

All this applies to storage eggs as well as those sold "fresh" or "fresh-gathered". Vast quantities of the eggs bought by wholesalers and jobbers are put into cold storage for out-of-season use, coming on the markets weeks or months after they are laid. Their grade then depends upon the storage conditions and length of time, in addition to their original quality and the pre-storage methods of handling. The physical characteristics of the egg are the same whether in storage or not. Flavor, however, may change in storage. Therefore, Government standards require that storage eggs of the two best grades (A and AA) shall be so labeled when sold under certificates of quality.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 8, 1936 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

EDIBLE FATS AND OILS

Of the some billions of pounds of fats and oils used on the table and for cooking purposes in this country, butter, lard, and cottonseed oil top the list. But we use great quantities also of corn, and peanut oil and in the last year or so we have been using more and more soybean oil. Consumption of soybean oil in food products climbed from 3 million pounds in 1934 to more than 63 million pounds in 1935. Besides these home-grown products, we import millions of pounds of coconut, olive, and various other oils.

To the consumer, especially to the housekeeper, says the Bureau of Home Economics of the U. S. Department of Agriculture, such facts have more than a casual significance. In what form do these fats and oils come on the market, and how do we use them on the table? Butter and lard are familiar. But what of the rest? The answer, briefly, is in the headings of three columns of figures in the official report of the Census Bureau: "vegetable compounds and shortenings", which in 1935 account for more than $1\frac{1}{2}$ billion pounds of edible fats and oils; "oleomargarine", more than 306 million pounds; and "other edible products", 323 million pounds. In those other edible products are included scores of salad oils and salad dressings, made of one or more of a dozen different oils.

The edible fats and oils come from various animal and vegetable sources. Butter, lard and suet are animal fats. Oleomargarine is made from either animal or vegetable fats and oils. Salad oils and cooking oils are of vegetable origin. Some of them are from the seeds of plants--corn oil from the germ portion of the grain of corn, cottonseed oil, peanut oil, soybean oil, sesame seed, poppy seed, rape seed, sunflower oils--all these are from the seeds of plants of the same name. Coconut oil, palm oil, palm-kernel oil and babassu oil are from the seeds, fruit, or nuts of palms. Olive oil, however, is from the ripe fruit of the olive tree.

Butter, to be legally sold as such, must be made exclusively from milk or cream, or both, and it must contain not less than 80 percent (by weight) of milk fat. It comes on the market as "dairy butter", from the farms, or "creamery butter", from the commercial creameries or butter factories. Butter graded by Government standards, through the service offered by the Bureau of Agricultural Economics of the U. S. Department of Agriculture, is often sold in consumer packages with a "certificate of quality", in each, showing the grade or "score" and the date when the grading was done. Any butter that is unclean or rancid is subject to seizure by the Government and the shipper is subject to penalty under the Food and Drugs Act if the butter crosses a state line and so enters interstate commerce.

In the official scoring of butter for quality, flavor counts 45 points, body 25 points, color 15, salt 10, package 5--in the total of 100 points. Unless the butter scores 92 points or more, it is not entitled to the Government certificate of quality. The certified butter, however, if properly kept in refrigerators, should be in prime condition if used any time within two weeks from the date of grading on the certificate.

Lard is rendered from the fatty tissues of the hog. It comes on the market as "prime steam", "kettle rendered", "dry-rendered", "drip rendered", or "hydrogenated" lard. Most of it is prime steam, refined for the retail trade.



Suet is the clear white, brittle kidney fat obtained from beef cattle.

Vegetable compounds and shortenings, which the housekeeper buys under many different trade names, are usually made of cottonseed oil, or a blend of cottonseed with other vegetable oils. As most of these oils when refined are bland in flavor, they are combined for reasons of cost or with reference to the physical characteristics of the fat. Most cooks prefer solid fats for shortening, therefore cottonseed oil and other vegetable oils (lard, too, sometimes) are "hydrogenated" to make them solid and to change their shortening quality at the same time. Peanut, soybean, coconut, and palm oils are often used in vegetable shortenings, usually in compounds with cottonseed oil. Other compounds contain animal fats, such as oleo stearine and edible tallow.

Oleomargarine is the legal name of a group of products which, as a group, are more accurately called margarines, because some of them are made with animal fat, some with vegetable, and some with both. The margarines are made by churning some fat---other than butter---with milk to a butter-like consistency. The name oleomargarine comes from the margarine made with beef fat, or rather with the more oily part of beef fat known as oleo oil. Nut margarines have coconut oil or other nut oils as their base, with other vegetable oils combined. A great deal of cottonseed oil, also peanut oil and soybean oil, as well as the various imported oils, are used in the margarines.

The salad oils and the salad dressings utilize many of the imported oils, although here again cottonseed oil and corn oil are often used. Last year, soybean oil, too, was used in large quantities. The oils imported in largest quantities for these purposes are coconut, palm kernel, sesame, and palm oil. Pure cottonseed oil and pure corn oil are sold under several familiar trade names, for use in cooking or as salad oils.

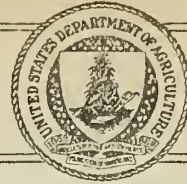
Olive oil, so highly valued for its flavor, comes to us chiefly from Italy and Spain. It is sold under its own name, and in blends with various other vegetable oils. These when refined are flavorless and therefore carry the olive flavor diluted, which may be preferred to the full-strength olive. Blends of edible oils, properly labeled, are to be distinguished from an adulterated product, which is a blend masquerading under the name of its most valued constituent. Wholesale deceptions and false labeling of olive oil have recently been exposed by the Food and Drug Administration of the U. S. Department of Agriculture, and great quantities of pretended "pure olive oil" have been seized because they contained, actually, less olive oil than tea-seed oil, and were therefore a fraud upon the public.

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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 15, 1936 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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CHOICES AMONG THE GRAIN PRODUCTS

The grains and grain products furnish from 25 to 40 percent of the energy value of the American diet. All over the world, except in the frozen countries, the human race depends largely upon grain of some kind -- rice in the Orient, wheat, rye, corn, oats, barley, millet and buckwheat in the Western World. The grains are interchangeable in energy value, says the Bureau of Home Economics of the U. S. Department of Agriculture, because they are all rich in carbohydrate, with protein and a little fat besides. When the whole grain is used there are some mineral and vitamin values, too.

Largely because of their importance in the scheme of life, the number of breads and cereal products, and the variety of textures, flavors, and uses, have come to be almost more than can be counted. Different peoples have always had their own ways of using their native grains. In our times, different parts of the world have learned to make each other's favorite breads, and have welcomed new uses for the cereals and the pastes.

Wheat breads are far in the lead as to quantities used in the United States and in the English-speaking world in general. The combination of proteins in wheat flour which forms "gluten" make the dough elastic enough to expand with

leavening. No other grain makes "light bread", or yields bread with the texture of a wheat loaf, yeast rolls, biscuit, or wheat batterbreads. The white breads have the finer texture, but whole wheat bread has more flavor than the white.

Wheat bread is made either with water, or with milk, which adds food value. Eggs and butter, too, are sometimes added to enrich the wheat loaf, both in flavor and food value. Still further variety is obtained by adding fruit, nuts, caraway seed, or cheese, or by sprinkling the crust with sugar and cinnamon, poppy seed or sesame seed. Salt-rising bread, different from all the others, is made with white flour but without yeast. It is "raised" by using, as a "starter" for the sponge, a culture which is obtained by mixing corn meal and milk with a little salt and sugar, and keeping it in a warm place until fermentation begins.

The toasting quality of wheat bread is one thing many housewives consider when they are buying -- especially in these days of electric toasters at the breakfast table. The richer breads -- those containing milk, butter, or eggs, nuts, or raisins -- usually brown more quickly than the plain breads.

Rye breads, the only kind, other than wheat bread, that can be leavened with yeast, are made with a combination of light and dark rye flours, or more often with a mixture of rye and wheat. Pumpernickel, or "black bread", is typically made with rye meal. All rye breads are much heavier and the texture is much closer than in wheat breads, because the protein in rye is less elastic than the gluten of wheat.

Home made breads have a variety all their own. Many of them are yeast breads made in loaves or rolls, plain or with raisins, nuts, caraway, poppy or sesame seed. Many more are "quick breads", so called because they are made with leavenings such as baking powder or soda and acid, which act much more quickly than yeast. Of the wheat breads, made either with white or whole-wheat flour, or with a mixture of flours, there are biscuits and batterbreads galore -- plain biscuits,

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beaten biscuits, cheese biscuits, orange biscuits, pancakes, plain muffins, fruit muffins, waffles, "soft tommy", popovers, and so on and on. Then there is brown bread, steamed or baked, and there is a whole list of corn breads.

The corn breads are all homemade "quick breads", with variations all the way from the simple mixture of corn meal and water that makes a corn dodger, to the meal-milk-butter-and-egg mixture used for the richest spoon bread. There is no gluten in corn meal, and corn bread can not be made with yeast. To make leavened corn bread, the mixture must contain a protein elastic enough to hold the gas released by the baking powder or the soda and acid used as leavening. The eggs in egg corn breads furnish such a protein. Or some wheat flour may be mixed with the meal, to furnish gluten to take the leavening.

Like bread, breakfast foods are important first of all as energy foods, but the whole-grain cereals are good sources of iron, also. Most familiar and simplest, probably, are oatmeal, cracked wheat, mush, and hominy grits. Oatmeal and cracked wheat are the whole grain coarsely ground. Rolled oats, the product more generally sold nowadays than true oatmeal, consists of the husked, sterilized grains of oats, flattened and partly cooked by passing them between heated rollers. Mush and hominy grits are corn products -- mush from corn meal, hominy grits the more coarsely ground white part of the grain of corn. Wheat, corn, rice, rye and barley also appear in manufactured breakfast foods under many trade names, sometimes as "puffed" grains, sometimes ground and partly or wholly cooked, sometimes malted -- varying in flavor according to the grain, and the method of preparing it.

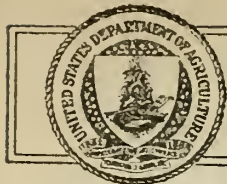
Macaroni and spaghetti are pastes manufactured from very hard wheat. They are made of wheat meal mixed with the least possible water, and kneaded by machinery until smooth and tough, then dried in various forms, lengths and sizes. We know these as Italian products, but China and Japan both claim to have in-



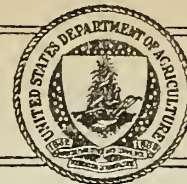
vented them hundreds of years before they reached Italy, which, according to a European version of the story, was by way of Germany. However that may be, both macaroni and spaghetti are now typical products of Italy, copied and extensively used by Americans.

Noodles, too, are a paste, but plain noodles are made of ordinary wheat flour and water, egg noodles with flour and eggs. Until a few years ago noodles were imported from Germany, but American manufacturers now supply the market -- an expanding market, because housewives find it easier and cheaper to buy noodles than to make them.

Rice is a cereal which, like mush and hominy grits, is often served with meats -- a favorite with lamb, ham, and chicken, especially--also in mixtures with tomatoes and cheese, in croquettes, and in many other combinations. It serves also in desserts, as well as for a breakfast food. And both rice and barley--pearled barley -- are used in soups.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
APRIL 22, 1936 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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CHOICES FOR SWEETENING

In the sugar maple country the sap flow and the boiling down are over. The sirup is being canned or bottled, the sugar packaged, ready for the market. Summer tourists will soon be buying it from roadside markets and shops along their way, and much of it will come on the table with hot cakes and waffles, or as flavoring in desserts. Much more of it, probably, will appear next fall and winter, especially in Christmas cakes and candies.

Before that time the sugar cane, sugar beets, and sorghum will be harvested, the honey crop collected, and this year's yield of cane sirup or molasses, sorgo sirup, corn sirup, and honey in all its forms will be on the markets too. These are our sources of sweet flavorings and for the sweets of all kinds which we Americans consume in such extraordinary quantities.

In the United States, the maple flavor is probably the most prized of all the sugar flavors -- a sort of inherited preference, perhaps, because this is our only purely American sweet. . . Maple sap was the principal source of sweetening^{for} the early American settlers, and before them for the Indians. It held its own, with only honey as a competitor, until cane sugar came along. Then came beet sugar, and sorghum too was in the picture by this time. Today, the Bureau of Home

Economics of the U. S. Department of Agriculture points out, we have a considerable variety of sweetenings from which to choose, with a considerable range of prices. Maple sugar, however, and honey, are now in the class of luxuries in many parts of the country, with cane and beet sugars far in the lead as to quantities used.

The maple sugar industry is really a by-product of farming. The "sugar bush" or sugar maple grove, is a natural growth of our native hard maple trees and the farmer gathers the maple sap which runs in the early spring, before he can do much other work on the farm, and turns it into cash. He boils down the sap and either sells it in great galvanized drums to buyers who visit the neighborhood when the sap season is on, or he bottles or cans it for his own customers. From the buyers some of the product goes into the retail trade, but much of it is boiled down to sugar and sold to tobacco manufacturers, for the flavoring of cigarettes.

Because maple sirup comes from many small producers, different lots vary in color and flavor, and the buyer blends them to standardize his commodity for the market. The important maple states, in cooperation with the United States Department of Agriculture, have set up standards of quality and most of the sirup on the market is graded and labeled accordingly. Maple-flavored sirups are required to be labeled as such. Usually they are made of white-sugar sirup with perhaps 25 per cent of maple sirup, or maple sugar made into sirup.

Of the sugar cane products, brown sugar and cane sirup are less common on the markets than white sugar and molasses. The industry is geared for large scale production of white sugar and molasses is a by-product, the "mother liquor" out of which the sugar crystals are taken. Molasses contains, however, all the inorganic food values of the sugar cane juice, and a stronger, sharper flavor than the sugar, due partly to the presence of acid. The most important food values are its iron and calcium, which are lacking, of course, in refined sugar.



Brown sugar, which is cane sugar partially refined, retains the full flavor and much of the mineral values of the juice. Cane sirup, which is the whole juice boiled down and clarified, retains all the mineral values as well as the full flavor of the sugar cane. And since the big sugar mills and refineries are concerned chiefly with refined sugar, the making of whole-cane sirup is carried on mainly by the small farmer, or in small plants, in our southern cane-growing States. Cane sirup is on the markets generally, however, and is used in commercial sirup mixtures for the sake of the flavor.

Sorghum, or sorgo sirup, is thick and about the color of table molasses. It is made from the sweet sorghum plant, which is grown throughout the northern part of our southern States and northward through southern Indiana and Illinois and westward. In this "sorghum belt" it takes the place of molasses, and is often called sorghum molasses. It is a true sirup, however, made of the whole juice of the sorghum plant, just as cane sirup is made from the whole juice of the sugar cane, and its food value is, if anything, a little higher than that of cane sirup or molasses. Last year's sorghum crop was a big one, and as the market widens beyond the "sorghum belt", the sirup is much prized for the flavor it gives to cookies, breads, and candies.

White sugar is made both from sugar cane and sugar beets. Sugar cane is native to southeastern Asia and adjacent islands of the Pacific and has been used for its juice since ancient times. Now, great sugar plantations on both sides of the Equator all round the globe produce cane sugar, huge plants refine it, and ships carry it to all the civilized peoples as one of the chief articles of commerce.

Beet sugar is a more recent commodity. A German scientist about the middle of the 18th century found that he could produce sugar from beets, and later, when Napoleon's armies cut off cane sugar supplies for northern Europe,

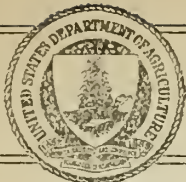
the beet sugar industry filled the need and came into its own commercially. Now, thanks to successful plant breeding and highly developed methods of beet cultivation, the best crops yield 3 or 4 times as much sugar as the beets originally tested, and the beet sugar industry flourishes in the temperate zone in Europe and the United States as well.

beets is different from
The process of extracting sugar from the process with sugar cane. And the beet sugar is edible only when refined, because the flavor of the "mother liquor" from which the sugar is taken is bitter, and the liquor corresponding to molasses is used as a stock feed. The refined sugar from beets and from cane is identical in flavor, and serves the same purpose in cookery. This point the Bureau of Home Economics has tested repeatedly.

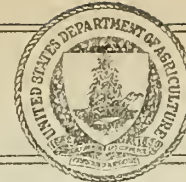
Honey, the sweetest of all common sirups, is sometimes used as flavoring for others, but more commonly is sold as comb honey, strained honey, crystallized or "creamed" honey. In combination with its sweetness, it has a range of flavors varying with the flowers from which the bees have gathered nectar.

Corn sirup, which is neither very sweet nor very flavorful, is for those very reasons useful in the commercial sirup mixtures, as a carrier of other flavors. Under various trade names, it is combined with granulated sugar and vanilla, with refiners' sirup (a by-product of the sugar refining process), with maple, sorghum, and butterscotch. Because of its bland flavor and other characteristics, it has its own uses in cookery, especially in candies and frostings.

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U.S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

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THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

THE CHILDREN'S FOOD - CHILD HEALTH DAY SUGGESTIONS

Fewer "don'ts" when it comes to what the children eat is the recommendation to young mothers from specialists in child nutrition, and this is a good thing to remember on Child Health Day, suggests the Bureau of Home Economics of the U. S. Department of Agriculture. We ourselves, when very young, may not have been invited to share the various fruits and garden vegetables and meats our elders ate, but the children of today are born into a different world. One thing that this world offers them is better health and sounder growth through better diet.

A varied diet is the thing for children as well as for adults, says the Bureau of Home Economics. That means a well-balanced diet, including different types of food, to furnish the essential food materials for all the different needs of the child's growing body. The materials are the same that everybody else requires--but with a more generous portion of milk and eggs, because these are foods richest in substances the child needs most.

The child probably does not, at first, ask for much variety. But he may be taught and easily taught, because the very young child has no food prejudices. Food likes are largely a matter of habit, built up through repeated happy experiences in tasting. Introduced to new foods one at a time, and in small portions, the child soon accepts them and wants them if they are offered in attractive form.

He will be eager for his greens, his tomato or orange juice, his eggs, meat and potatoes, as well as his milk and cereals, and his buttered toast.

This applies, of course, to children old enough to take solid food -- after their first 18 months or so. The one qualification is the matter of preparing the food to suit the little child's requirements -- in small pieces, or of a consistency which can be managed with his child-size tools, and in portions tempting to the child's appetite.

Milk is the best starting point in planning the child's diet because it is so valuable for growth. Every child should have at least a pint of milk a day, and preferably a quart, if it does not replace other valuable foods. Of course, some of the milk quota may be used, in preparing his food -- in making cocoa with milk, or in cooking cereal with milk, or making milk toast.

Eggs and meat are good building foods. From about the end of the weaning period throughout the preschool years the child needs a whole egg or some meat as often as once a day, to furnish protein in addition to the protein he gets from milk. Liver is one of the best meats for children because of the vitamins and the iron it furnishes.

Cereals, bread, and potatoes are important energy foods because of the large amount of starch they contain. They differ, however, in vitamin and mineral content, and both the kind and amount of cereals and breadstuffs the child should eat depends upon how much potato he eats and upon the variety of his diet in general. Every meal may well include some bread. The child who drinks plenty of whole milk, eats a variety of fruits and vegetables and gets entire-grain cereals in some form, may have either whole-grain or white bread. With less variety of other foods, the entire-grain cereals and whole-wheat bread are recommended for growing children.

Vegetables and fruits are valuable for the minerals and vitamins they supply and also for the variety of their color and flavor. In addition to potatoes,

the child should have at least two servings of other kinds of vegetables every day. Thin green leaves, such as spinach, green lettuce and beet and turnip tops are richer in iron and in some of the vitamins than bleached, thick leaves such as winter cabbage, but all the leaf vegetables, and also tomatoes, carrots, sweet-potatoes, green beans, green peas and asparagus, supplement the food values of the white root vegetables, the cereals, dried beans and peas. The leafy vegetables should of course be finely chopped when fed to little children, carrots should be grated, and tomatoes peeled, or strained and used as juice. The raw chopped vegetables, mixed with creamed butter, may be made into small sandwiches for at least one meal a day.

Fruits, both raw and cooked, are good for children. The juice, especially orange and tomato juice, or the scraped or sieved pulp of fruit is given daily to infants. Bananas, too, are good, if ripe -- which means when the skin has begun to darken, the seeds are black, and the pulp is mealy. For very young children bananas may be baked, or the raw pulp mashed. Apples, peaches, apricots, pears, plums, prunes and cherries afford plenty of variety for the child's meals. Two fruits a day - at least one of them raw if possible - aid nutrition and simplify the dessert problem throughout childhood.

Sweets are concentrated fuel foods. They add interest to the diet, but must be used with discretion. After other foods have been provided, some sweet food may be used to advantage for the sake of flavor and to provide energy that is quickly used by the body. But the child should not have sweets or sweet foods between meals or early in the meal -- they take away his appetite for other foods. At the end of the meal give him cake or cookies not too sweet or rich in fat, or a custard, a pudding, ice cream, fruit sherbet, or other simple desserts. And he may have simple candies.

Fats are the most concentrated body fuels, furnishing more energy than sweets and starches. Butter, which is milk fat, is also a good source of vitamin A, and

the child should have it every day. Not much other fat, however, should be used in the child's diet.

The consistency or texture of a food is highly important to the child. If too many meats or vegetables are served with white sauce over them, he is very likely to tire of them as being all alike. To be palatable, rice, potatoes, and mashed vegetables should not be pasty. Creamed dishes should be neither thick and sticky nor too soupy to eat with a fork. Vegetables must not be cut in pieces so small that they are hard for little hands to manage with a fork, nor so large that they are clumsy to eat. Slices or oblong pieces are more easily handled than cubes. The skins of baked fruits and vegetables should either be removed or cut up in small sections easy for the child to eat.

All hard foods such as bread crust and toast, and also meat that has not been ground or scraped, encourage chewing and are valuable for exercising the gums and teeth. Foods of this kind should be given very early in life, but not too often or in such large amounts that eating becomes slow and laborious. Contrast of consistency in the same meal, serving some hard, crisp, or dry foods and some that are soft, makes meals interesting and appetizing.

The capacity of the young child is about one-half or one-third as great as the adult's. Therefore his servings should be small. The amount can easily be modified from experience. In presenting an unfamiliar food, it is best to start by giving only a teaspoonful and increase the portion gradually. A serving of two tablespoonfuls of a familiar, well-liked food is plenty at one time. Give the child more if he wants it when he has cleared his plate.

-P-M-

